

## ABSTRACT

A method whereby the blood pressure metabolism in an individual showing evidence of dysregulation is improved when that person receives an appropriate oral administration of (-)-hydroxycitric acid. The potassium salt of (-)-hydroxycitric acid is a preferred form of the compound, followed by the sodium salt, then by the amide and other derivatives of the acid. The regulation of blood pressure levels over any given period of time may be improved with a controlled release form of (-)-hydroxycitric acid. Controlled release can be used to provide a sustained and modulated amount of the active to the body as desired and therefore regulate the use of the compound as a hypotensive agent.

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